

# Aikinjutsu yellow belt curriculum

The **Aiki Ninjutsu yellow belt curriculum** (often 8th Kyu or 5th Kyu, depending on the organization) covers foundational skills in stances, strikes, kicks, breakfalls, basic self-defense, and introductory weapons techniques. While specific requirements can vary by school, the following elements are commonly included in reputable Aiki Ninjutsu programs:

## 1. Etiquette and Basics

- Dojo etiquette and basic terminology
- Proper bowing and respect

## 2. Kamae (Stances)

- Shizen tai no kamae (natural stance)
- Jumonji no kamae (cross stance)
- Other basic stances as required by the school<sup>[1][2]</sup>

## 3. Ukemi (Breakfalls and Rolls)

- Zenpo kaiten (forward roll)
- Koho kaiten (backward roll)
- Zenpo ukemi (forward breakfall)
- Ushiro ukemi (backward breakfall)<sup>[1][3]</sup>

## 4. Daken (Striking Techniques)

- Elbow strikes (hiji, enpi)
- Ura shuto (reverse knife hand)
- Omote shuto (outer knife hand)
- Tsuki (punches: jab, cross, back punch)<sup>[1][2]</sup>

## 5. Geri (Kicking Techniques)

- Mae geri (front kick)

- Sokugyaku geri (heel kick)
- Kinteki sokushi geri (groin kick)<sup>[1][2]</sup>

## **6. Kansetsu-waza (Joint Locks)**

- Basic joint locks appropriate for beginners<sup>[1]</sup>

## **7. Sabaki (Movement and Evasion)**

- Basic footwork and body movement for evasion<sup>[1]</sup>

## **8. Nage-waza (Throws)**

- Introductory throws as specified by the instructor<sup>[1][3]</sup>

## **9. Weapons Basics**

- Hanbo (short stick): right and left diagonal strikes, two-handed strikes
- Introductory knife (tanto) and chain (kusari) handling, if included in the curriculum<sup>[1]</sup>

## **10. Randori (Free Practice)**

- All rank exams typically include some form of controlled sparring or application<sup>[1]</sup>

## **11. Additional Requirements**

- Fitness: Participation in a set number of training sessions or exercises (e.g., 50 himum in AKBAN)<sup>[1]</sup>
- Knowledge of basic Japanese terminology and techniques<sup>[1][4]</sup>

Schools may supplement or modify this list, so it is important to consult your specific instructor or organization for precise requirements. The above outline reflects a synthesis of established Aiki Ninjutsu and related ninjutsu programs<sup>[1][5][4]</sup>.

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1. [https://www.akban.org/wiki/Yellow\\_belt,5th\\_Kyu\\_syllabus\\_-Ninjutsu](https://www.akban.org/wiki/Yellow_belt,5th_Kyu_syllabus_-Ninjutsu)
2. <https://www.youtube.com/watch?v=5dXSpYhUWPw>
3. <https://ru.scribd.com/document/401463116/Yellow-Belt-Curriculum>
4. <https://banzenkanacademy.com/p/aiki-ninjutsu-yellow-belt-curriculum>

5. <https://banzenkanacademy.com/courses/aiki-ninjutsu-yellow-belt-curriculum/lectures/2169160>